

# CES PHYSICAL ACTIVITY PROGRAMS



State	Institution	Program Information	Contact Information
ALASKA			
	<i>University of Alaska - Fairbanks</i>		
		<p><b>The Alaska Cooperative Extension Service</b></p> <p>The Alaska Cooperative Extension Service - <a href="http://www.uaf.edu/ces/">http://www.uaf.edu/ces/</a> provides programs in support of a healthy lifestyle. Services provided include the Expanded Food and Nutrition Education Program (EFNEP), StrongWomen, the Food Stamp Nutrition Education Program (FSNE) and basic health research related to diet and physical activity in conjunction with the Center for Alaska Native Health Research.</p> <p><a href="http://www.alaska.edu/canhr/research-diet.htm">http://www.alaska.edu/canhr/research-diet.htm</a></p>	<p><b>Bret Luick</b></p> <p>Foods and Nutrition Specialist Cooperative Extension Service University of Alaska, Fairbanks PO Box 756180 Fairbanks, Alaska 99775 Phone: 907-474-6338 Fax: 907-474-5139 ffbrl@uaf.edu</p> <p>Linda Tannehill Home Economist StrongWomen Program Phone: 907-262-5824 l.tannehill@uaf.edu</p>

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ARIZONA			
	<i>University of Arizona</i>	<p><b>Community Health Advancement Partnerships (CHAPS)</b>  Community Health Advancement Partnerships (CHAPS) is a formal collaboration between the University of Arizona's College of Public Health, Cooperative Extension, and the Department of Nutritional Sciences within the College of Agriculture and Life Sciences that links research, education and outreach efforts in partnership with community health resources. CHAPS projects target health related issues identified by Arizona communities with a focus on Physical Activity Promotion, Nutrition for Health Promotion, and Community Health Leadership Development.  <a href="http://nutrition.arizona.edu/new/chaps.phtml">http://nutrition.arizona.edu/new/chaps.phtml</a></p> <p><b>Walk Across Arizona</b>  Walk Across Arizona is a 16 week walking program at the county level.  <a href="http://cals.arizona.edu/walkacrossaz/">http://cals.arizona.edu/walkacrossaz/</a></p>	<p><b>Vanessa Stanford, M.S., R.D., C.S.C.S</b>  Research Specialist, Sr,  Department of Nutritional Sciences  Phone: 520-626-4920  stanford@u.arizona.edu</p> <p><b>Sharon Hoelscher Day</b>  Extension Educator  University of Arizona  Maricopa County Cooperative Extension  4341 E. Broadway,  Phoenix, AZ 85040-8807  Phone: 602-470-8086, ext. 332  Fax: 602-470-8092  shday@ag.arizona.edu</p>

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<b>ARKANSAS</b>			
	<i>University of Arkansas</i>	<p><b>Body Walk</b></p> <p>Body Walk is an exciting educational exhibit for Kindergarten through 4th grade students.</p> <p>Program consists of classroom activities for use prior to and following the students' walk through the exhibit, a take-home activity book for students to read with their families, a list of additional nutrition education resources, and information to help publicize the event and communicate with the media.</p> <p><a href="http://www.uofabodywalk.org/">http://www.uofabodywalk.org/</a></p>	<p><b>Suzy Atkinson</b></p> <p>Body Walk Program Coordinator 2301 South University Ave Box 391 Rm. 301B Little Rock AR 72203 Phone: 501-671-2292 Fax: 501-671-2294 satkinson@uaex.edu</p>
		<p><b>Steps to Walk Across Arkansas</b></p> <p>Steps to Walk Across Arkansas is a program that persuades and motivates people of all ages to make that most important change... to get started. It is a program that is simple, inexpensive, and safe. All you need is a team of up to eight people and a desire to get moving.</p> <p><a href="http://www.arfamilies.org/health_nutrition/walkacrossar/default.htm">http://www.arfamilies.org/health_nutrition/walkacrossar/default.htm</a></p>	<p><b>Health Specialist</b></p> <p>University of Arkansas Division of Agriculture Cooperative Extension Service 2301 South University Avenue Little Rock, Arkansas 72204 Phone: 501-671-2000 Fax: 501-671-2209</p>

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CALIFORNIA			
	<i>University of California - Davis</i>	<p><b>Physical Activity</b></p> <p>Consists of several programs and activities (see website for details):</p> <p>Active Community Environments</p> <p>Cardiovascular Health Promotion Project</p> <p>Joy of Sports</p> <p>KaBOOM!</p> <p>KidsWalk-to-School</p> <p>Sparthenian program</p> <p>Sports 4 Kids</p> <p>Sports, Play, and Active Recreation for Kids (SPARK)</p> <p>Take 10!</p> <p>The Walking Schoolbus</p> <p><a href="http://nature.berkeley.edu/cwh/resources/progs_projs_pa.shtml">http://nature.berkeley.edu/cwh/resources/progs_projs_pa.shtml</a></p> <p><b>Programs for Overweight Children</b></p> <p>Programs for childhood obesity, how income affects diet, children's body image and weight discrimination among young people (Center for Weight and Height) Includes:</p> <p>Children's Hospital Oakland: Fit Families, Way to Go Kids</p> <p>HUGS for Teens</p> <p>Kaiser Permanente Child and Teen Obesity Programs</p> <p>Kidshape</p> <p>Shapedown</p> <p>Packard Pediatric Weight Control Program</p> <p>Stanford Pediatric Weight Control Program</p> <p>Tomando Pasos Northern CA Center for Well Being</p> <p><a href="http://nature.berkeley.edu/cwh/resources/progs_overwt.shtml">http://nature.berkeley.edu/cwh/resources/progs_overwt.shtml</a></p>	<p><b>Dr. Patricia Crawford</b></p> <p>Nutritional Sciences &amp; Toxicology</p> <p>119 Morgan Hall</p> <p>Nutritional Sciences &amp; Toxicology</p> <p>Berkeley, CA 94720-3104</p> <p>Phone: 510-642-5572</p> <p>Fax: 510-642-0535</p> <p><a href="mailto:crawford@socrates.berkeley.edu">crawford@socrates.berkeley.edu</a></p> <p><b>Dr. Patricia Crawford</b></p> <p>Nutritional Sciences &amp; Toxicology</p> <p>119 Morgan Hall</p> <p>Nutritional Sciences &amp; Toxicology</p> <p>Berkeley, CA 94720-3104</p> <p>Phone: 510-642-5572</p> <p>Fax: 510-642-0535</p> <p><a href="mailto:crawford@socrates.berkeley.edu">crawford@socrates.berkeley.edu</a></p>

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COLORADO			
	<i>Colorado State University</i>	<p><b>Colorado on the Move</b></p> <p>Colorado on the Move is a statewide initiative to prevent obesity and improve health by increasing lifestyle physical activity. The program was developed in response to the U.S. Surgeon General's national Call to Action to address obesity as a public health issue. The 14-week program uses electronic step counters to help participants monitor and increase physical activity. The goal is to increase walking by 2500 steps/day (equivalent to walking about one mile) per person. The program is a joint effort with the Center for Human Nutrition, University of Colorado Health Sciences Center.</p> <p><a href="http://newsinfo.colostate.edu/index.asp?page=news_item_display&amp;news_item">http://newsinfo.colostate.edu/index.asp?page=news_item_display&amp;news_item</a></p> <p><b>Healthy Heart Program</b></p> <p>Healthy Heart Program offers an up-to-date review of the current body of scientific knowledge concerning nutrition-related issues of atherosclerotic cardiovascular disease risk reduction, plus a select backgrounder in the art and science of facilitating behavior change.</p> <p><a href="http://www.fshn.cahs.colostate.edu/extension/programs/healthy_heart_program.htm">http://www.fshn.cahs.colostate.edu/extension/programs/healthy_heart_program.htm</a></p>	<p><b>Dr. Pat Kendall</b></p> <p>Professor and Extension Specialist Colorado State University Dept. of Food Sci. &amp; Human Nutrition Room 200 Gifford Bldg. Fort Collins, CO 80523-1571 Phone: 970-491-7334 Fax: 970-491-7252 kendall@cahs.colostate.edu</p> <p><b>Dr. Jennifer Anderson</b></p> <p>Professor and Extension Specialist Colorado State University Dept. of Food Sci. &amp; Human Nutrition Room 200 Gifford Bldg. Fort Collins, CO 80523-1571 Phone: 970-491-7334 Fax: 970-491-7252 jela@lamar.colostate.edu or anderson@cahs.colostate.edu</p>

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<b>DISTRICT OF COLUMBIA</b>			
	<i>University of the District of Columbia</i>	<p><b>Nutrition on Demand</b></p> <p>Nutrition on Demand provides nutrition education at the request of the community. This unique program focuses on the age and health requirements of the requesting community group and encourages responsibility for ones own health. Topics vary and include nutrition education on Diabetes, Cardiovascular health, Obesity, Hypertension, Cholesterol etc.</p> <p>Other topics include Soybeans, the Food pyramid, 5-a day, Vegetarian diets, Prenatal Nutrition, Infant and Toddler Nutrition A variety of methods are used to teach nutrition. These methods include cooking demonstrations, nutrition activities, seminars, training etc. The target audience ranges from preschoolers to seniors</p> <p><a href="http://www.udc.edu/ces/fcs/programs.htm">http://www.udc.edu/ces/fcs/programs.htm</a></p>	<p><b>Ms. Usha Kalro</b></p> <p>Nutrition &amp; Health Specialist University of District of Columbia Cooperative Extension Service 4200 Conn. Av, NW, Bldg. 52, Rm332A Washington, DC 20008 Phone: 202-274-7131 Fax: 202-274-7130 ulkalro@udc.edu</p>
<b>GEORGIA</b>			
	<i>University of Georgia</i>	<p><b>Walk-A-Weigh</b></p> <p>This weight control program provides lesson plans, pre-made menus, recipes and a walking program that can help those dealing with diabetes, overweight, obesity and other chronic diseases to lose weight and become more physically fit.</p> <p><a href="http://www.fcs.uga.edu/ext/diabetes/walk.php">http://www.fcs.uga.edu/ext/diabetes/walk.php</a></p>	<p><b>Connie Crawley</b></p> <p>Nutrition and Health Specialist University of Georgia 202 Hoke Smith Annex Athens, GA 30602-4356 Phone: 706-542-3773 Fax: 706-542-1979 ccrawley@uga.edu</p>

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INDIANA			
	<i>Purdue University</i>	<p><b>In Shape Indiana</b></p> <p>INShape Indiana is Governor Mitch Daniels' statewide health initiative. INShape Indiana is about helping Hoosiers to make healthy choices by linking them to valuable resources and offering a fun challenge to improve their health and well-being. INShape Indiana is not another program; it is an initiative to coordinate the many efforts taking place across the state to combat obesity and smoking.</p> <p><a href="http://www.in.gov/inshape/">http://www.in.gov/inshape/</a></p> <p><b>Indiana on the Move - America On the Move In Indiana is Improving Community Environments</b></p> <p>What impact does your community environment have on influencing one's behavior related to being physically active? Lots. Traditionally, those of us interested in health have tried to influence individual behavior by promoting physical activity and teaching people about proper nutrition -- in essence, working to change an individual's behavior. But that is not enough. There is plenty of research to support the need for a built environment (how are communities are developed) that supports healthy behavior.</p> <p>** this program is affiliated with Purdue University</p> <p><a href="http://aom.americaonthemove.org/site/c.krLXJ3PJKuG/b.1837181/k.C82F/Indiana.htm">http://aom.americaonthemove.org/site/c.krLXJ3PJKuG/b.1837181/k.C82F/Indiana.htm</a></p>	<p><b>Karen L. Zotz</b></p> <p>Mathews Hall, Room 110 812 West State Street West Lafayette, Indiana 47907-2060 Phone: 765-494-8252 Fax: 765-496-1947 kzotz@purdue.edu</p> <p><b>Marsha Worthington, BSN, CHES</b></p> <p>Director 1819 Carew Street Fort Wayne, IN 46805 Phone: 260-481-4868 marsha@fwcardio.com</p>

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		<p><b>MyPyramid: Eating Better Makes Sense</b></p> <p>MyPyramid: Eating Better Makes Sense is a day-in-the-life approach to understanding the USDA's new MyPyramid. The educational video features Maria, a working mom on a tight budget. Maria shows you how she and her family follow the MyPyramid plan as part of a healthy lifestyle. She demonstrates healthy food choices she makes at the grocery store and gives meal examples from her kitchen. Maria also highlights food safety tips in the store and at home. A new emphasis of MyPyramid is physical activity, and Maria shows you how you can work physical activity into the family's busy schedule.</p> <p><a href="http://www.ces.purdue.edu/cfs/topics/FNP/mypyramidvideo-article.htm">http://www.ces.purdue.edu/cfs/topics/FNP/mypyramidvideo-article.htm</a></p>	<p><b>Dr. William Evers</b></p> <p>Extension Specialist, Food and Nutrition Purdue University Cooperative Extension Service 1264 Stone Hall West Lafayette, IN 49707-1267 Phone: 765-494-8546 Fax: 765-496-2532 eversb@cfs.purdue.edu</p>
		<p><b>Youth Expanded Food and Nutrition Education Program (EFNEP)/Professor Popcorn</b></p> <p>Exploring the Food Pyramid with Professor Popcorn (Professor Popcorn) is a curriculum for youth in grades 1-6. Originally written in 1993, it was extensively rewritten in 2002. Major concepts included in the curriculum have been linked to Indiana's health and science education standards.</p> <p><a href="http://www.ces.purdue.edu/cfs/topics/EFNEP/professorpopcorn.htm">http://www.ces.purdue.edu/cfs/topics/EFNEP/professorpopcorn.htm</a></p>	<p><b>Angela Abbott</b></p> <p>Director, Indiana Family Nutrition Program Matthews Hall, Rm. 108 Purdue University West Lafayette IN 47907 Phone: 765-496-2488 or 765-496-2487 Fax: 496-2532 abbottar@purdue.edu</p>

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<b>IOWA</b>			
	<i>Iowa State University</i>	<p><b>Go the Distance</b></p> <p>Go the Distance is designed to encourage young Iowans to increase their physical activity levels and make better food choices.</p> <p><a href="http://www.lightenupiowa.org/aspx/promos.aspx?id=4">http://www.lightenupiowa.org/aspx/promos.aspx?id=4</a></p>	<p><b>Ruth Litchfield, PhD, RD, LD</b></p> <p>Extension Nutrition Specialist  1104 Human Nutritional Sciences  Building Iowa State University, Ames,  Iowa 50011  Phone: 515-294-9484  Fax: 515-294-5390  <a href="http://www.extension.iastate.edu/healthnutrition/">http://www.extension.iastate.edu/healthnutrition/</a></p>
		<p><b>Lighten Up Iowa</b></p> <p>Lighten Up Iowa is a team based program designed to help make positive changes during the course of four months to help them move towards a healthier lifestyle. It encourages participants during the program by giving them physical activity ideas and tips on healthy eating and proper nutrition.</p> <p><a href="http://www.lightenupiowa.org/">http://www.lightenupiowa.org/</a></p>	<p><b>Ruth Litchfield, PhD, RD, LD</b></p> <p>Extension Nutrition Specialist  1104 Human Nutritional Sciences  Building Iowa State University, Ames,  Iowa 50011  Phone: 515-294-9484  Fax: 515-294-5390  <a href="http://www.extension.iastate.edu/healthnutrition/">http://www.extension.iastate.edu/healthnutrition/</a></p>

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<b>KANSAS</b>			
	<i>Kansas State University</i>	<p><b>Walk Kansas</b></p> <p>Walk Kansas is a research-based, physical-activity promotion program that helps Kansans initiate and maintain a regular regime of physical activity. The program utilizes county task forces that promote the Walk Kansas program. Teams of six people accumulate miles through various forms of physical activity. The collective miles of team members add up to 423 miles, or the distance across Kansas. The objective of each team member is to do moderate intensity physical activity for 30 minutes a day, five days a week, during the eight-week program.</p> <p><a href="http://www.walkkansas.org/">http://www.walkkansas.org/</a></p>	<p><b>Dr. Mike Bradshaw</b></p> <p>Associate Professor, Extension Specialist Family Studies &amp; Human Services 343 Justin Hall Manhattan, KS 66506 Phone: 785-532-5773 Fax: 785-832-6969 mhb@oznet.ksu.edu</p>
<b>KENTUCKY</b>			
	<i>University of Kentucky</i>	<p><b>Get Moving Kentucky!</b></p> <p>A physical activity program of Health Education through Extension Leadership (HEEL) to help Kentuckians become more physically active. The HEEL Get Moving Kentucky! Physical Activity Awareness Campaign utilizes county extension agents to promote physical movement in order to combat obesity and other serious health conditions in Kentucky. The program is not just a walking program and encourages participants to count PAMS (physical activity miles). It is implemented in 90% of Kentucky Counties. Information and materials are available at:</p> <p><a href="http://www.ca.uky.edu/heel/moving.htm">http://www.ca.uky.edu/heel/moving.htm</a></p>	<p><b>Deborah Murray</b></p> <p>Associate Director Health Education through Extension Leadership Family and Consumer Sciences School of Human Environmental Sciences 107 Erikson Hall Phone: 859-257-8900 Fax: 859-257-7565 www.ca.uky.edu/HEEL</p>

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LOUISIANA			
	<i>Louisiana State University</i>	<p><b>Smart Bodies</b></p> <p>Smart Bodies is an interactive educational program designed to help prevent childhood obesity through classroom activities that teach children healthy eating habits and physical exercise. Smart Bodies is a public/private partnership between the state's largest university system and largest health insurer. Blue Cross and Blue Shield of Louisiana and the LSU AgCenter, a statewide campus of research and extension outreach in the LSU system have joined forces to improve the health of children throughout the state. Smart Bodies is an innovative 3-part program of nutrition and physical activities that are integrated into core curriculum academics to prevent children from becoming overweight or obese. This program targets children in grades K-5 and consists of three components: Louisiana Body Walk. The OrganWise Guys ®. Take 10! ® Classroom Program.</p> <p><a href="http://www.lsuagcenter.com/en/food_health/education_resources/smart_bodies/">http://www.lsuagcenter.com/en/food_health/education_resources/smart_bodies/</a></p>	<p><b>Denise Holton</b></p> <p>Extension Associate  School of Human Ecology  LSU AgCenter  276 Knapp Hall  Baton Rouge, LA 70803  Phone: 225-578-4573  Dholston@agcenter.lsu.edu</p>

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<b>MAINE</b>			
	<i>University of Maine</i>	<p><b>Move &amp; Improve</b></p> <p>The Move &amp; Improve program of Eastern Maine Healthcare Systems is a community-based program designed to encourage and empower individuals to engage in a healthier lifestyle through physical activity. Move &amp; Improve provides a supportive environment focused on promoting the benefits of physical activity as a way to combat health risks linked to chronic disease and obesity.</p> <p><a href="http://www.moveandimprove.org/">http://www.moveandimprove.org/</a></p>	<p><b>Nicole Hammar</b></p> <p>43 Whiting Hill Cianchette Bldg, Suite 500 Brewer, ME 04412 Phone: 207-973-7245 Fax: 207-973-5939 nhammar@emh.org</p> <p>Wanda L. Lincoln State Program Coordinator Phone: 207-581-3443 wlincoln@umext.maine.edu</p>
<b>MARYLAND</b>			
	<i>University of Maryland - College Park</i>	<p><b>Walk Across Maryland</b></p> <p>Walk Across Maryland is a walking promotion program of the University of Maryland Cooperative Extension to encourage youth and adults to walk at least 600 miles, the equivalent of walking across Maryland from Cumberland to Crisfield and back again. This eight-week program can be initiated in the classroom or individually through this interactive website which allows walkers to track their progress on a virtual 600-mile walk across the scenic state of Maryland.</p> <p><a href="http://www.agnr.umd.edu/walkfrederick/">http://www.agnr.umd.edu/walkfrederick/</a></p>	<p><b>Richard Byrne</b></p> <p>Adjunct Associate Professor &amp; Assistant Director, Family, Youth &amp; Communities Phone: 301-314-7829 rbyrne@umd.edu</p>

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MASSACHUSETTS			
	<i>University of Massachusetts</i>	<p><b>Nutrition Education Program</b></p> <p>The UMass Extension Nutrition Education Program (NEP) promotes healthful eating by providing nutrition and food safety information. The Expanded Food and Nutrition Education Program (EFNEP) provides nutrition education for limited resource families, especially families with young children. The Family Nutrition Program (FNP) provides nutrition education for adult and youth food stamp recipients and those eligible for food stamps. The Food Safety program provides food safety education and training to consumers and food workers in child and elder care, school food service, shelters, pantries and other human service and regulatory agencies. Nutrition and Health Programs provide nutrition education and training to educators, caregivers and agency staff serving children, youth and elderly.</p> <p><a href="http://www.umass.edu/umext/nutrition/programs/fnp/index.html">http://www.umass.edu/umext/nutrition/programs/fnp/index.html</a></p>	<p><b>Jean Anliker, PhD, RD, LDN</b></p> <p>Nutrition Education Program Director  206A Chenoweth Lab  University of Massachusetts  100 Holdsworth Way  Amherst, MA 01003-9282  Phone: 413-545-1693  Fax: 413-577-4320  janliker@nutrition.umass.edu</p>

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MICHIGAN			
	<i>Michigan State University</i>	<p><b>Jump Into Foods &amp; Fitness</b></p> <p>In this hands-on, Experiential Learning model-based curriculum, "JIFF (Jump into Foods and Fitness) the Joey", a kangaroo, sets the stage for youth ages 8 to 11 (grades 3 to 5) to learn about the importance of nutrition, increased physical activity, and food safety. The spiral-bound program book contains eight "Kangaroo Jumps" (sessions) designed for use in 60- to 90-minute meetings, although the individual activities can also stand alone. Family education is included in the form of reproducible take home newsletters. Written for use by adults, including volunteers, and older youths, the book includes a program summary, facilitator background on child learning, youth development, tips for working with children, and adapting JIFF materials for a variety of settings, as well as general implementation information, eight detailed lesson plans with copy-ready handout/templates, and a resource list. Each individual session includes objectives and learning life skills, background basics for fitness and nutrition for the facilitator, icebreakers and "Attention Getters", several learning activities with summary/reflection guides and reproducible handouts, snack and activity suggestions, family newsletter and additional resources, including web links. For additional resources and for families, staff, educators, volunteers, and for youth a supplementary website is available:</p> <p><a href="http://web1.msue.msu.edu/cyf/youth/jiff/index.html">http://web1.msue.msu.edu/cyf/youth/jiff/index.html</a></p>	<p><b>Janet R. Olsen, M.A.</b></p> <p>Program Leader Michigan 4-H Youth Development 160 Agriculture Hall Michigan State University E. Lansing, MI 48824-1039 Phone: 517-432-7630 Fax: 517-432-3310 olsenj@msu.edu</p>

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		<p><b>Michigan Nutrition Network (MNN)</b></p> <p>As a part of our FSNE, the Michigan Nutrition Network fosters multidisciplinary, community-based, public-private collaboration to build and strengthen alliances focused on nutrition and physical activity. The Network facilitates development of effective, high quality nutrition and physical activity initiatives that reach Michigan consumers - with a special focus on reaching those with low income.</p>	<p><b>R. Paul McConaughy, M.A.</b></p> <p>Program Leader &amp; Coordinator Michigan Nutrition Network Family &amp; Consumer Sciences, MSU-Extension 2100 Anthony Hall East Lansing, MI 48824 Phone: 517-432-8740 Fax: 517-353-6343 Mcconau1@msu.edu</p>
		<p><b>Project Fresh</b></p> <p>Project FRESH program provides participants with nutrition education and encourages participants to improve their dietary choices by providing them with coupons to buy fresh fruits and vegetables at local farmers' markets. The program increases the demand for Michigan grown produce and boosts the income of farmers who sell fruits and vegetables at participating markets. <a href="http://www.projectfresh.msu.edu/">http://www.projectfresh.msu.edu/</a></p>	<p><b>Tammy Sullivan, M.P.A.</b></p> <p>Program Leader Family and Consumer Sciences, MSU-Extension 240 Agriculture Hall East Lansing, MI 48824-1039 Phone: 517-432-8204 Fax: 517-353-4846 sulli259@msu.edu</p>

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<b>MISSISSIPPI</b>			
	<i>Mississippi State University</i>		
		<b>Mississippi Body Walk</b> Body Walk is a new and unique health education program designed to educate elementary school students across the state of Mississippi on the importance of being physically active and making good nutrition choices. The Body Walk program provides education and activities that enable youth to learn skills needed in making good nutrition choices and developing a healthy lifestyle. <a href="http://msucares.com/bodywalk/experience.html">http://msucares.com/bodywalk/experience.html</a>	<b>Lewatis D. McNeal</b> Body Walk Coordinator Phone 662-325-5965 lmcneal@ext.msstate.edu  Jason Scott Body Walk Coordinator Phone: 662-325-5966 jasons@ext.msstate.edu
		<b>Mississippi In Motion</b> Mississippi In Motion is a research-based, peer reviewed curriculum for a state-wide, community based twelve week program designed to promote healthy eating and encourage positive physical activity behaviors. Examples of lessons include information on chronic diseases (diabetes and heart disease), stress eating, fad diets, physical activity, MyPyramid and Serving Size, Eating Out Smart, Cooking Healthy, and goal setting. Professionals in the community and extension personnel teach the educational sessions. Health fairs in collaboration with local hospitals, kicks off the 12-week program, in addition, participants' BMI are calculated for the pre and post evaluation at the end of the twelve week educational sessions. Some county hospitals offer blood pressure screenings, glucose and cholesterol testing as part of the health fair to participants. Mississippi In Motion is MSU-IRB approved.  A team concept encourages social support in adopting healthy lifestyle behaviors. Participants form teams of five members, choose a team name, and select a team captain. "Mississippi In Motion" is not about diets...but encourages program participants to adopt healthy habits for a lifetime. <a href="http://msucares.com/health/health04/ms_in_motion/index.html">http://msucares.com/health/health04/ms_in_motion/index.html</a>	<b>Pat Owen</b> Phone: 662-325-6772 powen@ext.msstate.edu  Dr. Jane Clary Phone: 662-325-5014 jclary@ext.msstate.edu

State	Institution	Program Information	Contact Information
<b>MISSOURI</b>			
	<i>University of Missouri - Columbia</i>		
		<b>Jump Into Action</b> Jump Into Action is a program for fifth grade students teaches nutrition and physical activity education with a goal of preventing or reducing the risk of Type II diabetes.	<b>Steve Ball</b> State Fitness Specialist Phone: 573-882-2334 ballsd@missouri.edu
		<b>Missouri on the Move</b> Missouri on the Move is an eight-week walking program based on using electronic step counters. The purpose of the program is to increase awareness and improve health by increasing physical activity through walking and using electronic step counters. The goal is to have each participant increase their walking an average of 2000 steps per day, which is equivalent to walking approximately one mile, however each participant sets his or her own step goal for the 10 week period.	<b>Local Extension Office</b>
		<b>Show Me Shape Up</b> Show Me Shape Up is a five-month competition that encourages Missourians to develop healthy activity and eating habits. Missourians are encouraged to form teams of two to ten people and then go the distance! Teams will have the opportunity to compete in two categories, team weight loss and/or accumulated activity. This program is administered through the Show Me State Games. <a href="https://www.smsg.org/sum/Default.asp">https://www.smsg.org/sum/Default.asp</a>	<b>Sara Gable</b> Associate Professor - HDFS Phone: 573-882-4628 GableS@missouri.edu

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		<p><b>Stay Strong, Stay Healthy</b></p> <p>Stay Strong, Stay Healthy is an eight week strength training program for middle-aged and older adults. The program's goal is to improve health and quality of life. The program incorporates warm-up exercises, strengthening exercises, and cool down stretches. Over the eight weeks participants learn exercises to improve strength and balance.</p> <p><a href="http://extension.missouri.edu/hes/">http://extension.missouri.edu/hes/</a></p>	<p><b>Ellen Schuster</b></p> <p>Associate State Nutrition Specialist  Phone: 573-882-1933  schusterer@missouri.edu</p>
<b>NEBRASKA</b>			
	<i>University of Nebraska - Lincoln</i>	<p><b>N-Lighten Nebraska</b></p> <p>N-Lighten Nebraska is a team wellness program conducted by the Nebraska Sports Council. This three-month endeavor (February 1-May 1) encourages Nebraskans to develop sustainable healthy physical activity and eating habits. The unique team format encourages teammates to work together toward the common goal of living healthier lives.</p> <p><a href="http://www.n-lightennebraska.com/link.sp?page=about">http://www.n-lightennebraska.com/link.sp?page=about</a></p>	<p><b>Linda Boeckner, PhD, RD</b></p> <p>Professor  University of Nebraska Panhandle and Extension Center  45002 Ave  Scottsbluff, NE 69361-4939  Phone: 308-632-11256  Fax: 308 636- 1365  lboeckner1@unl.edu</p>

State	Institution	Program Information	Contact Information
NEVADA			
	<i>University of Nevada</i>	<p><b>Chefs for Kids Nutrition Education Program</b></p> <p>Chefs for Kids is a nutrition education program for primary age children in high needs schools in the Clark County School District of Nevada. Chefs for Kids has two components: a thirty-seven lesson second grade curriculum that is taught by University of Nevada Cooperative Extension (UNCE) nutrition educators in the classrooms of twelve elementary schools throughout the school year, and a five lesson first grade curriculum that is also taught by UNCE nutrition educators in multiple high needs schools. The program educates and motivates children to apply knowledge gained to engender a healthy lifestyle and develop sound eating habits, the basis of a lifelong healthy body weight. It is tailored to the needs and abilities of the children. Key educational messages include the importance of eating a variety of foods from all food groups every day, building a physically active lifestyle, building strong food safety practices (hand washing), and choosing healthful snacks.</p> <p><b>Food for Health and Soul</b></p> <p>Food for Health and Soul - is a six lesson nutrition education curriculum designed to teach participants how to modify traditional family favorite meals for better health, thereby reducing risk for chronic diseases such as; heart disease, diabetes and some forms of cancer.</p>	<p><b>Carolyn Leontos, MS, RD, CDE</b></p> <p>Area Nutrition Specialist University of Nevada Cooperative Extension 8050 South Maryland Parkway Las Vegas, NV 89123 Phone: 702-222-3130 Fax: 702-222-3100</p> <p><b>Joyce M. Woodson</b></p> <p>Nutrition Area Specialist University of Nevada Cooperative Extension 8050 S. Maryland Parkway #100 Las Vegas, Nevada 89123-0855 Phone: 702-222-3130 x5508</p>

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NEW HAMPSHIRE			
	<i>University of New Hampshire</i>	<p><b>Lighten Up NH! Initiative</b></p> <p>The development of a Lighten Up New Hampshire! web site will organize and integrate information and other resources for New Hampshire citizens and professionals interested in healthy lifestyles. The site will focus on linking local resources, but also link to regional, national and global resources. It will serve as an online clearinghouse where self-caring citizens and caring professionals can:</p> <ul style="list-style-type: none"> <li>Find the best and most up-to-date information about nutrition and exercise, and the importance of redesigning local environments to promote health. Discover opportunities for nutrition education, exercise and active recreation in their own communities</li> <li>Start or join a local task force working to improve school nutrition and fitness programs, support local recreational initiatives, including development of contiguous "greenways"</li> <li>Share "success stories" and find peer support for individual, family, or community initiatives</li> <li>Participate in online obesity reduction interventions</li> <li>Access the latest research related to obesity, nutrition, exercise science, behavior change</li> <li>Find the most up-to-date information and ways to increase healthy eating and exercise for their families</li> <li>Provide opportunities for caring professionals and family caregivers to participate in online discussion groups for communities of practice or interest</li> <li>Join "ask an expert" interactive discussions</li> <li>Find the location of Farmers' Markets throughout the state as well as "Pick Your Own" to promote the consumption of fresh, locally grown fruits and vegetables.</li> </ul> <p><a href="http://extension.unh.edu/FoodNutr/FoodNutr.htm">http://extension.unh.edu/FoodNutr/FoodNutr.htm</a></p>	<p><b>Colette Janson-Sand PhD RD LD</b></p> <p>Assoc Professor of Nutrition University of New Hampshire chjs@cisunix.unh.edu</p> <p>Adjunct Professor of Pediatrics Dartmouth College</p> <p>Nutrition Specialist NH Cooperative Extension</p>

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<b>NEW MEXICO</b>			
	<i>New Mexico State University</i>	<p><b>Nutrition and Physical Activity Booklet</b>  The Nutrition and Physical Activity Booklet includes information on:</p> <p>I CAN: Ideas for Cooking and Nutrition  I CAN targets limited resource audiences, particularly those receiving food stamps, with hands-on series classes that enhance healthy food choices, food preparation skills and food buying strategies.</p> <p>Kids CAN: Ideas for Cooking and Nutrition for Kids  Kids CAN targets youth in low income areas with series classes focusing on practical, hands-on skills for making healthy food choices and preparing food.</p> <p>CATCH  CATCH (Coordinated Approach to Child Health) targets Kindergarten through 5th grade students with nutrition education and enhanced physical activity during the school day.</p>	<p><b>Martha Archuleta, PhD, RD</b>  Department Head and  Extension Food &amp; Nutrition Specialist</p>
<b>NEW YORK</b>			
	<i>Cornell University</i>	<p><b>Building Capacity to Address Childhood Obesity in Low Income Communities: Linking Research and Practice</b>  Improves the capacity of nutritionists to prevent childhood overweight with web-based and collaboration-building methods.  <a href="http://www.nutritionworks.cornell.edu/home/index.cfm">www.nutritionworks.cornell.edu/home/index.cfm</a></p>	<p><b>Christina Stark</b>    Division of Nutritional Sciences  3M13A MVR Hall  Cornell University  Ithaca, NY 14853-4401  cms11@cornell.edu</p>

State	Institution	Program Information	Contact Information
		<p><b>Developing a Taste for Healthy Weight and Healthy Farms</b></p> <p>A pilot project developing and evaluating experiential food-based classroom nutrition education using locally produced foods with integration in the school cafeteria.</p>	<p><b>Jennifer Wilkins</b></p> <p>Division of Nutritional Sciences 305 MVR Hall Cornell University Ithaca, NY 14853-4401 jlw15@cornell.edu</p>
		<p><b>Family Food Decision-Making Research and Education: Linking Food Systems to Health and Well-Being</b></p> <p>Identify strategic points for behavior change in the Family Food Decision-making Framework; develop educational tools for professionals and paraprofessionals who work with families; develop and enhance family and community food decision-making centers through university-community partnerships.</p> <p><a href="http://familyfood.human.cornell.edu/">http://familyfood.human.cornell.edu/</a></p>	<p><b>Ardyth Gillespie</b></p> <p>375 MVR Hall Cornell University Ithaca, NY 14853-4401 ahg2@cornell.edu</p>
		<p><b>Images of a Healthy Worksite</b></p> <p>An environmental intervention in the workplace to prevent obesity in collaboration with the Kodak Corporation. (applied research)</p>	<p><b>Carol Devine</b></p> <p>Division of Nutritional Sciences 377 MVR Hall Cornell University Ithaca, NY 14853-4401 ccmd10@cornell.edu</p>
		<p><b>Increasing Capacity for Farm to School Programming</b></p> <p>Developing resources and providing professional development training workshops to increase capacity to plan, implement, and evaluate farm to school links.</p> <p><a href="http://farmtoschool.cce.cornell.edu">http://farmtoschool.cce.cornell.edu</a></p>	<p><b>Jennifer Wilkins</b></p> <p>Division of Nutritional Sciences 305 MVR Hall Cornell University Ithaca, NY 14853-4401 jlw15@cornell.edu</p>

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		<b>Rural Families Speak</b> Determine the food security, functional health status, obesity, in low income families with children in 14 states, inter-relationships between the phenomena and develop interventions on multiple levels to address them. (applied research)	<b>Christine Olson</b> Division of Nutritional Sciences 376 MVR Hall Cornell University Ithaca, NY 14853-4401 cmo3@cornell.edu
		<b>Schools and Professionals in Nutrition: Partnering for Healthier, Successful Students (SPIN)</b> A collaborative initiative to train nutrition professionals on working with schools and partner them with interested schools to enhance the school nutrition and physical activity environment.	<b>Wendy Wolfe</b>  Division of Nutritional Sciences 3M6 MVR Hall Cornell University Ithaca, NY 14853-4401 ww16@cornell.edu
<b>NORTH CAROLINA</b>			
	<i>North Carolina State University</i>	<b>Color Me Healthy</b> Color Me Healthy is a program developed to reach children ages four and five with fun, interactive learning opportunities on physical activity and healthy eating. It is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and, of course, taste. Through the use of color, music, and exploration of the senses, Color Me Healthy teaches children that healthy food and physical activity are fun. <a href="http://www.colormehealthy.com">http://www.colormehealthy.com</a>	<b>Carolyn Dunn, Ph.D.</b> Associate State Program Leader & Nutrition Specialist Professor Department of 4H Youth Development and Family and Consumer Sciences NC Cooperative Extension Box 7605 NC State University Raleigh, NC 27695 Phone: 919-515-9142

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<b>NORTH DAKOTA</b>			
	<i>North Dakota State University</i>	<p><b>WALK North Dakota</b></p> <p>Walk ND is a state-wide walking program for youth and adults. This eight week challenge is offered three times per year. The goal of each challenge is to increase the participant's awareness of the number of steps that they take each day and to challenge them to walk at least 10,000 steps daily. Using regular e-mails to provide physical activity education for participants, this pedometer-based program encourages participants to report their steps on-line every two weeks</p> <p><a href="http://www.walknd.com/">http://www.walknd.com/</a></p>	<p><b>Linda Hauge</b></p> <p>Box 5016  Fargo, ND 58105-5016  Phone: 701-231-7964  <a href="mailto:info@walknd.com">info@walknd.com</a></p>
<b>PENNSYLVANIA</b>			
	<i>Pennsylvania State University</i>	<p><b>The Pennsylvania Nutrition Education Network Web Site</b></p> <p>The Pennsylvania Nutrition Education Network (PA NEN) promotes healthful food choices to low income Pennsylvanians of all ages, and encourages individuals and families to adopt positive, sustainable diet-related behaviors through the development.</p> <p><a href="http://panen.psu.edu/">http://panen.psu.edu/</a></p>	<p><b>Steve Gauvry, Network Promoter</b></p> <p>PA Nutrition Education Network  208 North Third Street  Harrisburg, PA 17101  Phone: 717-233-1791  Fax: 717-231-4085  <a href="mailto:panen@pahunger.org">panen@pahunger.org</a></p>

State	Institution	Program Information	Contact Information
SOUTH CAROLINA			
	<i>Clemson University</i>	<p><b>"Healthy Spirits" and It's All About You</b></p> <p>"Healthy Spirits" is a Faith-based initiative designed to give churches the opportunity to establish positive working relationships with congregations as well as community partners to improve the understanding and healthy choices of their church members thus reducing health disparities. (15 churches over a two year period.) We began initially with 10 churches in the "Healthy Spirits" program funded by the CDC. Clemson University, Anderson-Oconee Minority Health, DHEC - Appalachia Region-1 and Partners for a Healthy Community formed the consortium. The Initiative was very successful the first year, therefore resulting in additional funding the second year and educating another 5 churches. "Healthy Spirits" has been presented and implemented throughout the region, state and nation.</p> <p>Healthy Spirits was developed in 2001 and Revised in 2003 creating modules for all four components: Spirituality &amp; Stress, Diabetes &amp; Nutrition, Heart Health &amp; Physical Activity, and Cancer Prevention &amp; Screening</p> <p><a href="http://www.clemson.edu/fyd/community_health.htm">http://www.clemson.edu/fyd/community_health.htm</a></p>	<p><b>Marian Freeman-Robinson</b></p> <p>Community Health Specialist Clemson University CES 313 South Towers Street Anderson, SC 29621 Phone: 864-226-1581 x111 Fax: 864-226-0538</p>

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<b>TENNESSEE</b>			
	<i>University of Tennessee</i>	<p><b>Tennessee Shapes Up Initiative</b></p> <p>Tennessee Shapes Up is a series of lessons (usually taught twice a week for eight weeks). Although appropriate for anyone, the lessons target adults. Class time includes instruction as well as a group activity, such as walking.</p> <p>Power U is a fun and innovative curriculum to teach fourth graders to develop healthy eating and physical activity habits.</p> <p>Power of Choice teaches youth (pre-adolescents and adolescents) how to make healthy eating and fitness decisions.</p> <p>e-Wellness is a web-based weight-control program using a team approach to build a support system for participants. This program is appropriate for worksites or any community group who would like to improve their health and control their weight. The county Extension agent leads the program and provides instruction for the team captains and team members (starting in 2008).</p> <p>UT Extension Employee Wellness Program is designed to help UT Extension Employees maintain good health.</p> <p>Color Me Healthy is a physical activity and healthy eating program for pre-K and kindergarten students.</p> <p>Walk Across Tennessee is a walking program for all ages.</p> <p>Culinary Arts for the Everyday Cook is a series of cooking classes to help people learn that healthy foods taste good (starting in 2008).</p> <p>Body Works is a program to encourage mother/daughter discussions about a realistic body image and a healthy lifestyle practices (starting in 2008).</p>	<p><b>Betty Greer, PhD, RD</b></p> <p>Phone: 865-974-7402  Fax: 865-974-3234  bgreer@utk.edu</p>

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		<p><b>Walk Across Tennessee</b></p> <p>This program is designed to increase the daily physical activity of Tennesseans aimed at:</p> <p>Decreasing the overweight and obesity trends in the state.  Developing a more active life to help Tennesseans manage illnesses and chronic diseases.  Developing a more physically active life to help Tennesseans protect physical and emotional health.</p> <p>Walk Across Tennessee is an 8-week walking program for teams of eight people. The teams will have a friendly competition to see who can log the most miles walking, jogging, biking, dancing or other types of physical activity.</p> <p><a href="http://walkacrosstn.tennessee.edu/">http://walkacrosstn.tennessee.edu/</a></p>	<p><b>Barbara (Bobbi) P. Clarke, Ph.D., R.D.</b></p> <p>Professor, Extension Health Specialist and Co-Director,  UT Center for Community-based Health Initiatives  Phone: (865) 974-8197  Fax: (865) 974-5370  bclarke@utk.edu</p>
<b>TEXAS</b>			
	<i>Texas A&amp;M University</i>	<p><b>Walk Across Texas</b></p> <p>To encourage adults and children to establish the habit of regular physical activity, Texas Cooperative Extension designed, developed, and continues to promote Walk Across Texas!, a fun and fitness program to help participants adopt the habit of regular, moderate-intensity exercise. Teams of eight family members, friends, co-workers, or neighbors walk together or individually over the 8 weeks of the program. Some also attend Extension classes and receive information on nutrition, exercise, weight loss, and other health topics. Teams compete to see who can walk the 800 miles "across Texas" first, and all participants are recognized for their achievements. The program is ongoing, and since 1996 more than 85,000 Texans have participated.</p> <p><a href="http://walkacrosstexas.tamu.edu/">http://walkacrosstexas.tamu.edu/</a></p>	<p><b>Jenna Anding, Ph.D., R.D., L.D.</b></p> <p>Associate Department Head for Extension Department of Nutrition and Food Science Texas Cooperative Extension Texas A&amp;M University  2253 TAMU  College Station, TX 77843-2253  Phone: 979-845-6379  Fax: 979-847-9225  j-anding@tamu.edu</p>

State	Institution	Program Information	Contact Information
VERMONT			
	<i>University of Vermont</i>	<p><b>Cooking for Life</b></p> <p>Cooking for Life is a free program taught by area chefs and EFNEP Educators that empowers parents and pregnant women with limited resources to cook healthy, affordable meals for their families. In a series of six group classes, participants receive hands-on instruction in meal planning, budgeting, shopping, and cooking. At the end of each class, participants are given the ingredients of the meal they just learned to prepare in class, so they can practice their new cooking skills at home with their families. Cooking for Life is a collaboration of the Vermont Campaign to End Childhood Hunger and the Expanded Food and Nutrition Education Program.</p> <p><b>Step into Health</b></p> <p>Step into Health is a program designed to get participants walking for health. The focus is on increasing both the frequency and duration of walking by using pedometers to raise self-awareness of one's level of physical activity. This program can be taught to groups, or one-to-one to individuals.</p> <p><a href="http://www.uvm.edu/~uvmext/nutrition/?Page=nutritionedopps.html">http://www.uvm.edu/~uvmext/nutrition/?Page=nutritionedopps.html</a></p>	<p><b>Heather Danis</b></p> <p>EFNEP Coordinator 305A Terrill Hall University of Vermont 570 Main Street Burlington, VT 05405-0148 Phone: 802-656-2311 Fax: 802-656-0407 heather.danis@uvm.edu</p> <p><b>Linda Berlin</b></p> <p>Nutrition Specialist 252 Marsh Life Sciences Building University of Vermont 109 Carrigan Drive Burlington, Vermont 05405-0086 Phone: 802-656-0669 Fax: 802-656-0001 linda.berlin@uvm.edu</p>

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WASHINGTON			
	<i>Washington State University</i>	<p><b>Nutrition Education Network</b></p> <p>The Nutrition Education Network of Washington is a strategic alliance of agencies and organizations that work with low-income families. The Network's objective is to coordinate nutrition education efforts to communicate consistent, positive and relevant messages to increase awareness of healthful and enjoyable eating. The Network is promoting nutrition and physical activity with this message...Energize Your Life: Eat healthy-Be Active.</p> <p><a href="http://nutrition.wsu.edu/nen/index.html">http://nutrition.wsu.edu/nen/index.html</a></p>	<p><b>Sue Butkus, PhD, RD</b></p> <p>Extension Nutrition Specialist</p> <p>Phone: 253-445-4553</p>

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WYOMING			
	<i>University of Wyoming</i>	<p><b>Healthy Lifestyles Programs:</b></p> <p><b>A New You: Health For Every Body</b>  A series of five 2-hour classes or ten 1-hour classes, A New You helps adults develop healthier lifestyles related to food and eating, physical activity, and body image. Participants receive a number of resources, including 2 books, many handouts, class binder, journal, stretch band, follow-up newsletters, guidance, support, encouragement, and much more. Program materials accessible under Educational Materials at <a href="http://www.uwyo.edu/wintherockies">http://www.uwyo.edu/wintherockies</a></p> <p><b>Steps to A New You</b>  This healthy lifestyles program combines a series of seven food/physical activity/body image classes with a pedometer-based physical activity. Research has documented that Steps to A New You can help adults make changes consistent with a healthier lifestyle.</p> <p><b>WIN Steps</b>  WIN Steps program participants receive a pedometer and guidance on how to use it to increase physical activity. Instructions are available on converting other activities into lifestyle. Program materials accessible under Educational Materials at <a href="http://www.uwyo.edu/wintherockies">http://www.uwyo.edu/wintherockies</a>  <a href="http://www.uwyo.edu/wintherockies">http://www.uwyo.edu/wintherockies</a></p>	<p><b>Suzy Pelican</b>  Food and Nutrition Specialist  Department of Family and Consumer Sciences  University of Wyoming Cooperative Extension Service,  Box 3354, 1000 E. University Ave.  Laramie, WY 82071  Phone: 307-766-5177  Fax: 307-766-5686  <a href="mailto:pelican@uwyo.edu">pelican@uwyo.edu</a></p>